

# BUREAU OF GENETICS AND HEALTHY CHILDHOOD

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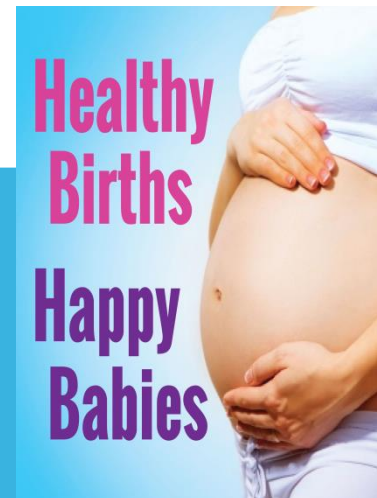
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# HEALTHY BIRTHS AND BABIES UNIT

- 1) **Alcohol, Tobacco and Other Drug Prevention and Awareness (ATODPA)**
- 2) **TEL-LINK - video -** <https://youtu.be/FH5mSP9FYfk>
- 3) **Safe Cribs**
- 4) **Sexual Assault Forensic Examination and Child Abuse Resource and Education (SAFE-CARE)**
- 5) **Birth Defect Awareness**
- 6) **Newborn Health Program**
- 7) **Text4baby**



# **ATODPA**

**The Alcohol, Tobacco and Other Drug Prevention and Awareness Program targets the prevention and/or reduction of the incidence of alcohol, tobacco, and other drugs in the preconception and prenatal periods.**

# **FETAL ALCOHOL SPECTRUM DISORDERS**

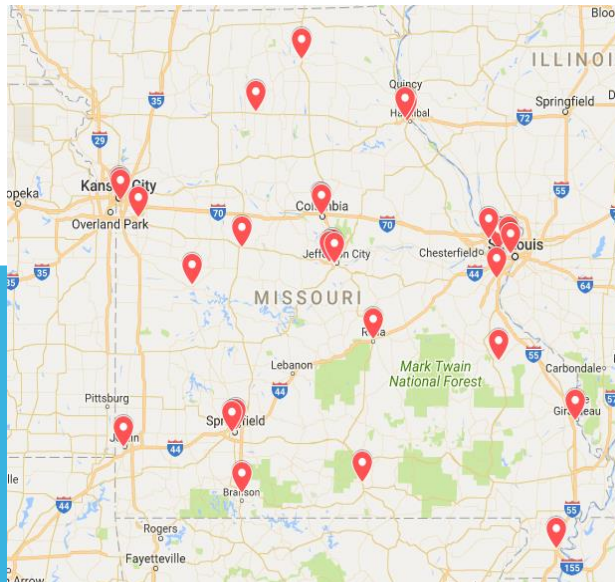
- **Centers for Disease Control and Prevention says that 0.2 to 1.5 cases of Fetal Alcohol Syndrome (FAS) occurs for every 1,000 live births.**
- **The lifetime costs for someone with FAS was estimated in 2016 to be \$5 million, this was estimated by the Fetal Alcohol Disorders Society.**
- **1 in 10 pregnant women report drinking any alcohol.**
- **The prevalence is greatest among women ages 35-44, unmarried, and college graduates.**

# NEONATAL ABSTINENCE SYNDROME

- Increased 300% from 1999 to 2013\*.
- 1.5 per 1,000 hospital births in 1999 to 6.0 per 1,000 in 2013\*.
- Newborn symptoms include central nervous system irritability, gastrointestinal dysfunction, and temperature instability.

# INFANT MANIKINS

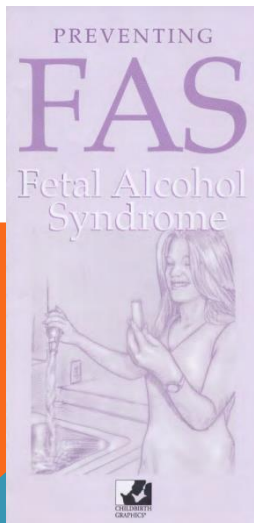
**Lifelike manikins representing Caucasian and African American infants with Fetal Alcohol Syndrome, prenatal drug exposure, and normal characteristics are available at no cost through 30 community placement sites statewide for use in educational outreach. They are ideal for teaching classes, and come as a kit with instructions.**



# LITERATURE

**Individuals, families, and health care providers can help spread the word about the importance of being alcohol and drug free during pregnancy.**

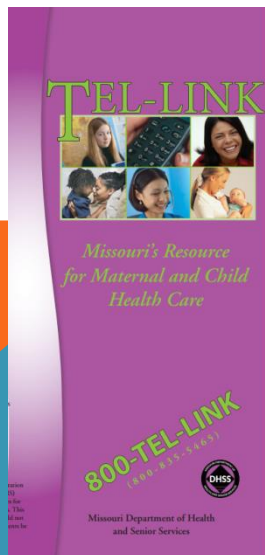
**These tools and materials are free of charge and are available in English, Spanish, Chinese, and Vietnamese.**



# TEL-LINK

**Missouri Department of Health and Senior Services' confidential, toll-free telephone line for maternal and child health care.**

- **There are no eligibility requirements to use TEL-LINK.**
- **Consumers can be connected to health departments, WIC, hospitals, drug or alcohol treatment programs, transportation, food banks, and more.**





# SAFE CRIBS FOR MISSOURI

**Provides safe portable cribs and Safe Sleep education to low income families. The program partners with the Children's Trust Fund to implement this program.**

- To qualify for the program, the family must be eligible for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), eligible for Missouri Medicaid, or are below 185% of the federal poverty level.**



# SAFE CRIBS FOR MISSOURI (CONT.)

During the first year of life for naps and nighttime, follow the **ABC's** of Safe Sleep:

Babies should sleep

Alone on their

Backs in a

Crib



# **SAFE CRIBS FOR MISSOURI (CONT.)**

**This is what a Safe Sleep environment looks like.**

**Baby's crib should be in the same room where the parents sleep.**



# INFANT MORTALITY IN MISSOURI

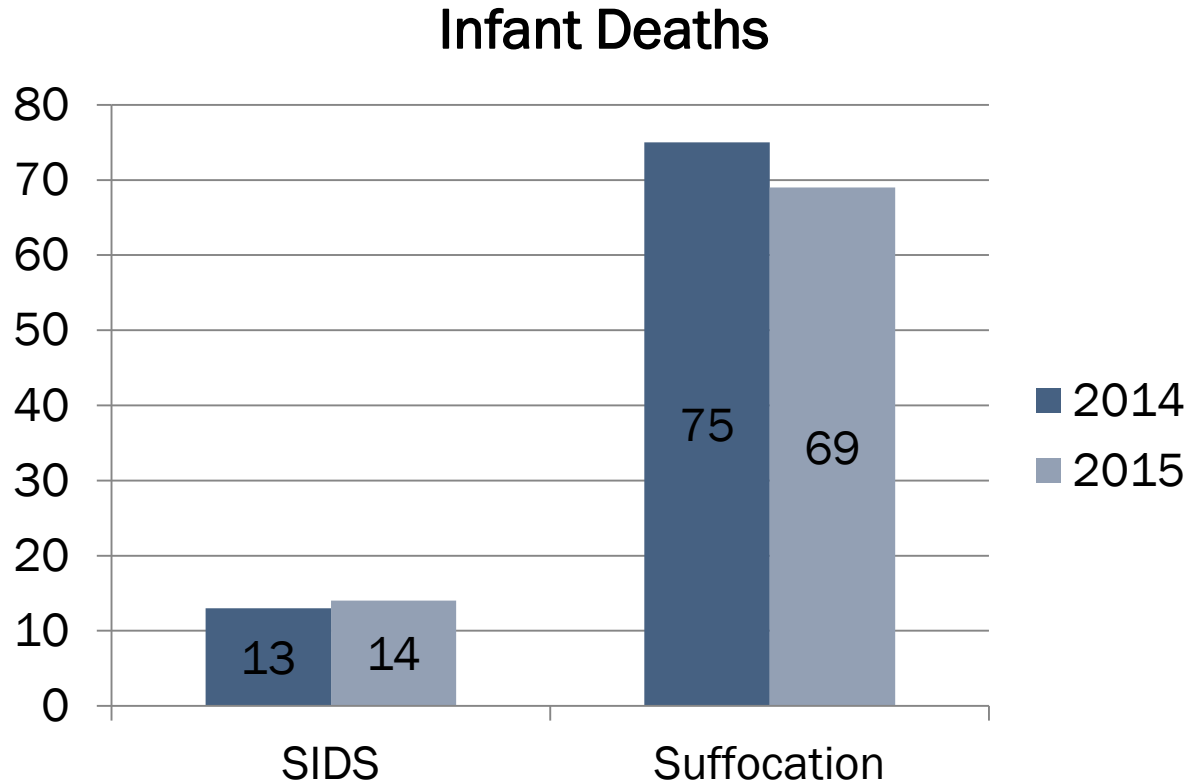
- **U.S. infant mortality rate in 2016 was estimated to be 5.8 per 1,000 live births\*.**
- **In 2016, the infant mortality rate in Missouri was 6.3 per 1,000 live births\*\*.**
- **St. Louis and the Bootheel account for 33% of Missouri's infant mortality.**

**\*World Fact Book**

**\*\*United Health Foundation**



# INFANT MORTALITY IN MISSOURI (CONT.)



\* Data from the Missouri Child Fatality Review Program

# SAFE SLEEP LITERATURE

**5 simple steps** to make your baby **Safe to Sleep**  
A Guide for Parents & Caregivers

**1** Place your baby on his or her back to sleep alone, for naps and night time, to reduce the risk of Sudden Infant Death Syndrome (SIDS).  
Share this important information with everyone who cares for your baby.

**2** Place your baby in a safety-approved crib, bassinet or portable play area with a firm sleep surface and fitted sheet.  
Do NOT place your baby to sleep on an adult bed or other soft mattress, waterbed, sofa, chair, beanbag, car seat, pillow, cushion or other soft surface.

**3** Remove all soft objects, toys, blankets, bumper pads and pillows from the sleep area.  
Safe sleep practices will help prevent suffocation and strangulation.

continued on back



ctf4kids.org

**Safe Sleep** is as simple as 'ABC':  
Babies should sleep... **A** **L** **O** **N** **E**  
on their **B** **A** **C** **K** **S**  
in a **C** **R** **I** **B**

**Children's Trust Fund**  
Massachusetts' Foundation for Child Abuse Prevention  
www.ctf4kids.org Strong Families. Safe Kids

**THIS SIDE UP**

... While Sleeping

1-800-TEL-LINK  
(1-800-835-5465)

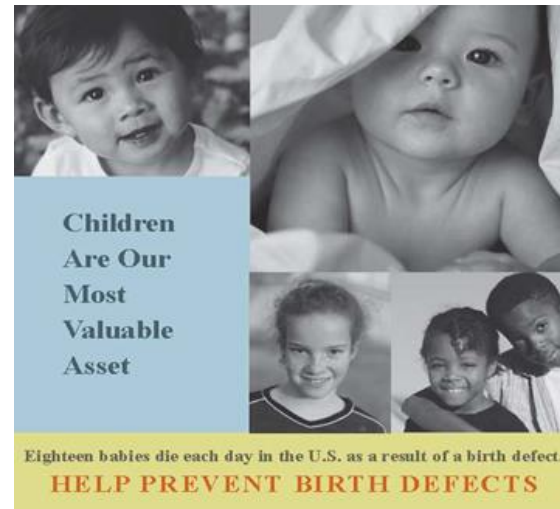


# **SAFE-CARE**

**The Sexual Assault Forensic Examination – Child Abuse Resource and Education (SAFE-CARE) program collaborates with Child Abuse Medical Resource Centers to provide education and support to SAFE-CARE medical providers within a system of care.**

# BIRTH DEFECT AWARENESS

**Promotes healthy birth outcomes and healthy children by increasing birth defect awareness and promoting daily folic acid consumption by all women of childbearing age.**





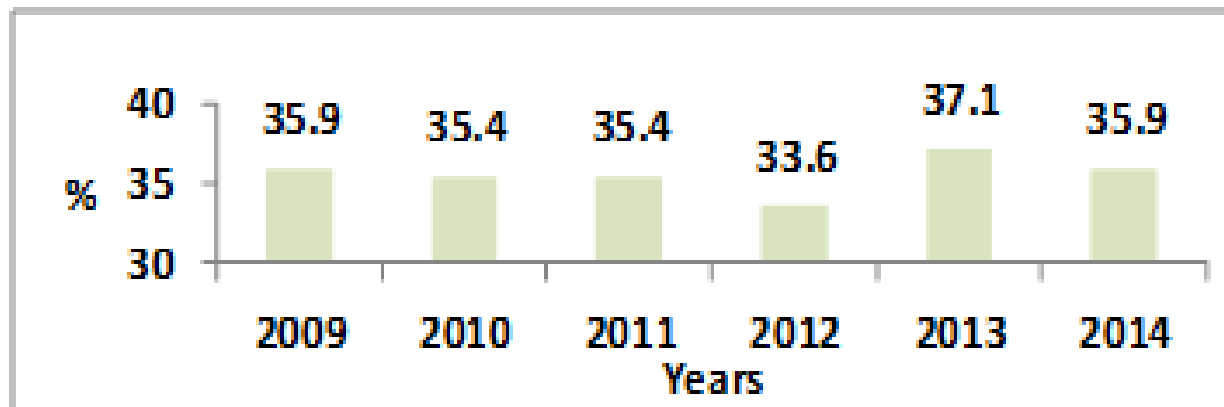
# **BIRTH DEFECT AWARENESS (CONT.)**

**Centers for Disease Control and Prevention (CDC) states that birth defects are common, costly, and critical conditions that affect 1 in every 33 babies born in the United States each year. Every 4 ½ minutes, a baby is born with a birth defect in the United States. That means nearly 120,000 babies are affected by birth defects each year.**

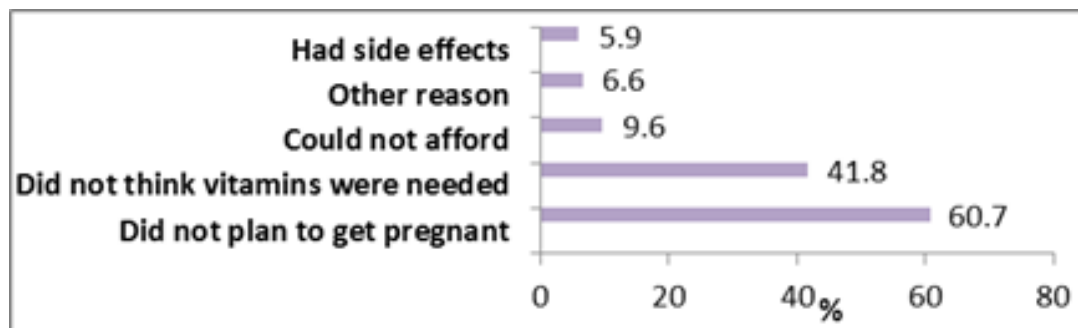
# **TYPES OF BIRTH DEFECTS**

- **Anencephaly**
- **Spina Bifida**
- **Cleft Lip / Cleft Palate**
- **Congenital Heart Defects**
- **Down Syndrome**
- **Microcephaly**

## Vitamin Use (4 times/wk) by Year



## Reasons for not using Vitamins



\*Missouri Pregnancy Risk Assessment Monitoring System 2014 data

# NEWBORN HEALTH

**Promotes healthy birth outcomes; healthy infants; and healthy and safe families by increasing awareness of recommended maternal child health practices.**



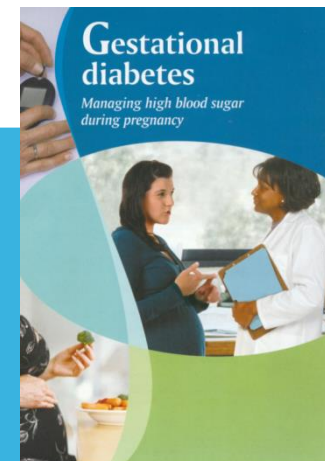
# **NEWBORN HEALTH (CONT.)**

- **Preconception and interconception care**
- **Prenatal care**
- **Consumption of Folic Acid**
- **Avoidance of harmful substances**
- **Safe Sleep**

# NEWBORN HEALTH LITERATURE

**There are other free materials available as well for supporting healthy births and babies.**

**We also have many of our brochures available in Spanish.**

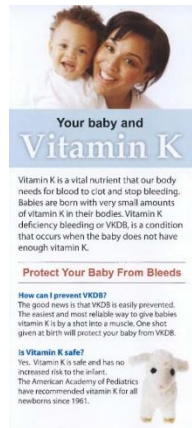
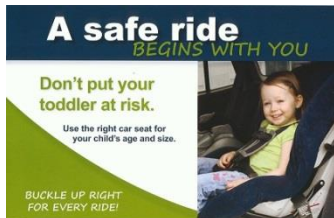
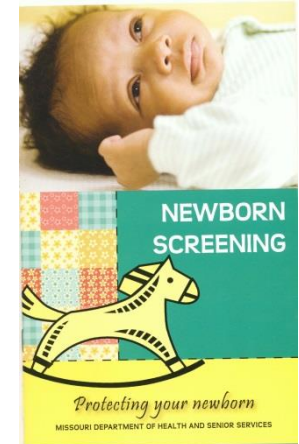
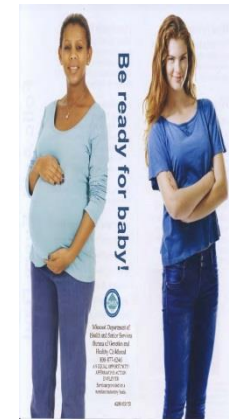


# TEXT4BABY

- **For pregnant women and mothers with infants under age 1, along with their partners and loved ones. Healthcare workers can also sign up.**
- **Three free texts a week.**
- **Customized to Missouri specific resources.**

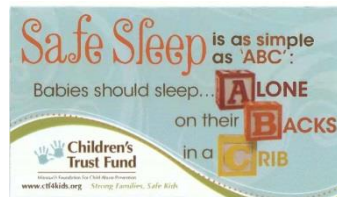


# The End



## Online Order Form

<http://health.mo.gov/living/families/genetics/newbornhealth/orderform.php>



Protect your child right from the start.

Immunization is the single most important way parents can protect their children against serious diseases.

If your child misses a shot, you don't need to start over. See us or your child's doctor for the next shot.

	Birth	2	4	6	12-15	18-24	24-36	48	60	72	96	120
Hepatitis B	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diphtheria, Tetanus, Pertussis (DTaP)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Poliovirus (Polio)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pneumococcal Conjugate (PCV)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Measles, Mumps, Rubella (MMR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Varicella (Chickenpox)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hepatitis A	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tetanus (Tdap)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Measles, Mumps, Rubella (MMR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Poliovirus (Polio)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
MMR	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

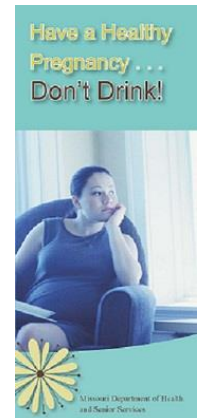
Each full series starting at 4 months. \*Children 6 months through 8 years also receive a booster shot. \*\*Children 11 years through 12 years also receive a booster shot. \*\*\*Children 13 years through 18 years also receive a booster shot.

Not given at birth.

Can be given as early as 12 months. If there is six months since third dose.

MMR information schedule is compatible with the current recommendation for the additional vaccine on immunization history (MMR) at the Centers for Disease Control and Prevention (CDC). The American Academy of Pediatrics (AAP) and the American Academy of Family Physicians (AAFP) for more information on this vaccine, call the Missouri Department of Health and Senior Services. Immunization Program at 800-275-2272 or visit health.mo.gov/immunization.

11-08-13





# QUESTIONS?

**Presenter, Connie Viele**

**Newborn Health Program Manager**

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*Fax: 573-751-6185*

*Email: [info@health.mo.gov](mailto:info@health.mo.gov)*

SCREEN SHOTS OF ONLINE ORDER  
FORM  
ONLY TO USE IF NO INTERNET  
ACCESS

Healthy  
Living

Senior &  
Disability Services

Licensing &  
Regulations

Disaster &  
Emergency Planning

Data &  
Statistics

Online  
Services

## Publications - Order Form

[Home](#) » [Healthy Living](#) » [Healthy Families](#) » [Genetic Diseases](#) » [newbornhealth](#)

The materials below are free to order for Missourians. If you have any questions contact, Connie Viele at 573-751-6261 or toll-free 800-877-6246.

Title	Quantity Requested
<a href="#">#616 – "B" YOUR BEST! WITH FOLIC ACID LIMIT/5</a>	<input type="text"/> Enter a number between 0 and 5.
<a href="#">#531 – 10 WAYS TO BE A BETTER DAD LIMIT/50</a>	<input type="text"/> Enter a number between 0 and 50.
<a href="#">#985 – 10 WAYS TO BE A BETTER DAD, SPANISH LIMIT/50</a>	<input type="text"/> Enter a number between 0 and 50.
<a href="#">#930 – AFRICAN AMERICAN BRIDE – IT ALL COUNTS, TIP CARD LIMIT/50</a>	<input type="text"/> Enter a number between 0 and 50.
<a href="#">#294 – ALCOHOL &amp; PREGNANCY (SPANISH)</a>	<input type="text"/>
<a href="#">#131 – BEFORE YOU BECOME PREGNANT TAKING FOLIC ACID (POSTER)</a>	<input type="text"/>
<a href="#">#927 – CAUCASIAN BRIDE – IT ALL COUNTS, TIP CARD LIMIT/50</a>	<input type="text"/> Enter a number between 0 and 50.
<a href="#">#983 – DAD SMOKE POST CARD</a>	<input type="text"/>
<a href="#">#1202 – DRUG USE &amp; PREGNANCY (CHINESE)</a>	<input type="text"/>
<a href="#">#409 – DRUG USE &amp; PREGNANCY (VIETNAMESE)</a>	<input type="text"/>
<a href="#">#389 – FOLIC ACID ACROSS A LIFESPAN (FLYER)</a>	<input type="text"/>

## Healthy Living

[Environmental Factors](#)

[Chronic Diseases](#)

[Communicable Diseases](#)

[Healthy Families](#)

[Organ/Tissue Donation and Registry](#)

[Women, Infants & Children \(WIC\)](#)

[Genetic Disease & Early Childhood](#)

[Food Programs](#)

[Wellness & Prevention](#)

[Local Public Health Agencies](#)

[Immunizations](#)

### Bureau of Genetics and Healthy Childhood

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Senior Services  
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Jefferson City, MO 65102-0570

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## My nutrition plan

Work with a nutritionist to fill in the daily nutrition guide below and create a healthy eating plan that's right for you.

Calories  Proteins  grams  
Carbohydrates  grams Fats  grams

### Breakfast

#### Fruit

Choose  servings, such as:  
4 ounces (oz.) 100% apple, orange,  
pineapple or cranberry juice

#### Starch

Choose  servings, such as:  
1 slice bread,  $\frac{1}{2}$  cup (c.) cooked cereal,  
6 saltines, 3 graham crackers

#### Protein

Choose  servings, such as:  
1 egg, 1 oz. cheese, 2 tablespoons  
(Tbsp.) peanut butter

#### Fat

Choose  servings, such as:  
1 teaspoon (tsp.) oil or regular margarine,  
1 Tbsp. low-fat margarine

#### Milk

Choose  servings, such as:  
8 oz. (1 c.) low-fat or fat-free milk,  
8 oz. (1 c.) yogurt

### Lunch and Dinner

#### Starch

Choose  servings, such as:  
 $\frac{1}{2}$  c. legumes or mashed potatoes,  $\frac{1}{2}$  c. rice or pasta

#### Protein

Choose  ounces, such as:  
chicken, beef, veal, pork, fish, tuna

#### Vegetables

Choose  servings, such as:  
1 c. leafy greens or raw vegetables,  
 $\frac{1}{2}$  c. cooked vegetables

#### Fruit

Choose  servings, such as:  
4 oz. 100% fruit juice, 1 small apple,  $\frac{1}{2}$  c. pears, 2 plums

#### Milk

Choose  servings, such as:  
8 oz. low-fat or fat-free milk, 8 oz. yogurt

#### Fat

Choose  servings, such as:  
1 tsp. oil, 1 Tbsp. regular salad dressing,  
2 Tbsp. low-fat salad dressing

Morning  
Snack

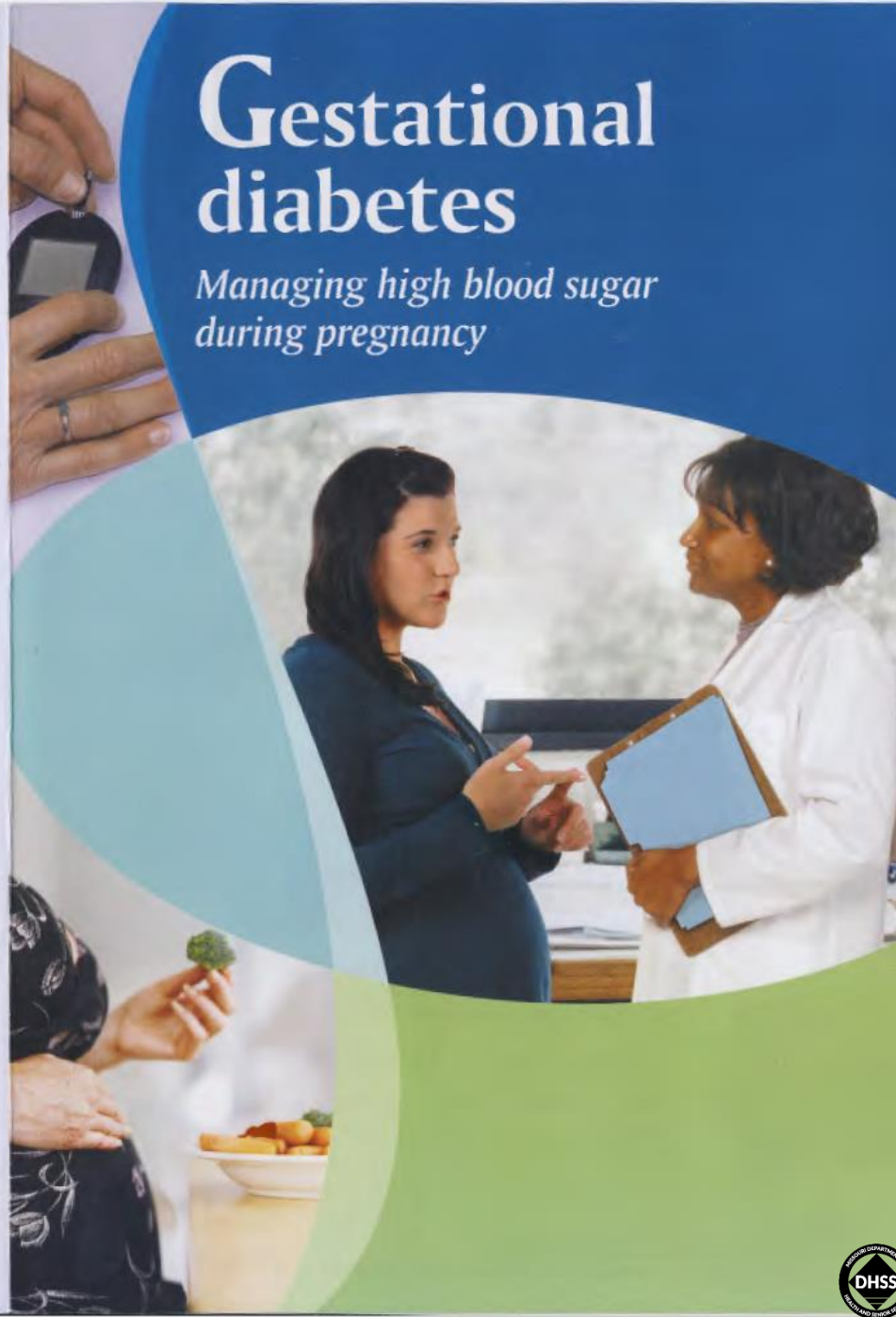
Afternoon  
Snack

Nighttime  
Snack

*Drink water with every meal.*

# Gestational diabetes

*Managing high blood sugar  
during pregnancy*



# Pregnancy and Beyond





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#490 – YOUR BABY NEEDS  
ANOTHER HEARING TEST  
(SPANISH)

[#496 – YOUR BABY NEEDS  
ANOTHER HEARING TEST  
\(VIETNAMESE\)](#)

[#431 – YOUR BABY'S FIRST  
HEARING TEST](#)

[#432 – YOUR BABY'S FIRST  
HEARING TEST \(ARABIC\)](#)

#176 – YOUR BABY'S FIRST  
HEARING TEST (BOSNIAN)

#430 – YOUR BABY'S FIRST  
HEARING TEST (CHINESE)

#434 – YOUR BABY'S FIRST  
HEARING TEST (SPANISH)

[#426 – YOUR BABY'S FIRST  
HEARING TEST \(VIETNAMESE\)](#)

Contact Person's Name \*

First

Last

Requestor's Org Name

Phone Number

###

###

####

Shipping Address \*

Street Address

Address Line 2

City

State / Province / Region

Postal / Zip Code

Country

Email